

I want to quit smoking. Now what?

Congratulations! You have made an excellent choice to stop using tobacco. It may just save your life. Below are step-by-step instructions on how to get the help you need. Good luck. You *can* quit using tobacco!

1. Call the Idaho Quitline at (800) QUIT-NOW **(800) 784-8669**. You will speak with a trained counselor who will ask you questions about why you want to quit. All services are confidential. The counselor will assess your readiness to quit and together you will plan a quit date.

When to call:

1-800-QUIT-NOW counselors are available:

Monday-Thursday, 7am-9pm

Friday, 7am-7pm

Saturday and Sunday, 8am-4pm

24-hour Voice Mail

2. There will be a \$10 co-payment for every thirty-day supply of quit aids. Please provide the pharmacist with your Blue Cross of Idaho identification card to receive the quit aids.
3. A counselor from Idaho Quitline will contact you to start your telephone **counseling sessions**. Online information and chat lines are also available to you 24/7.
4. The rest is up to you. Remember, **changing a behavior is not easy**, especially one that you have been doing for many years. Take it one day at a time.

Idaho Quitline (800) QUIT-NOW or visit www.idaho.quitnet.com

New Weight Loss Program Launches March

By improving your health, you are not only improving your quality of work, but you are improving your quality of life. The benefits of healthy eating, physical activity and abstinence from unhealthy behaviors, such as smoking, will help you sleep better, look better, and feel better.

We will be launching our weight loss program March, 2006 and our disease management program July 1, 2006. The weight loss program will give you the opportunity to lose or maintain your ideal weight and to increase your energy. The program will also provide incentives to keep you motivated. We are expanding our disease management program and adding asthma to the list. The program is aimed to identify, intervene, and educate those on the importance of self-management and prevention. The time to get healthy is right now. Join us as we put wellness into action!